

Six Rules on How to Fast

For the benefit of the fasting patient I shall enumerate the following rules :

- 1) The first and the second day of the fast take a full enema to empty the colon of faecal matter which usually remains therein when the patient begins to fast and the peristaltic movements of the intestines decrease or entirely cease. Failure to cleanse the colon the first two or three days will result in the putrefaction of the contents of the colon and the absorption of foul liquid and gases, leaving in the colon a solid, hardened mass of faecal matter, which, in many cases, becomes too difficult to eliminate. Failure to cleanse the colon at the beginning of the fast usually results in headache, nervousness and even nausea if the intestines are filled with faecal matter and gas, in which case the bile flows back into the stomach. After the residue from the last meals has been removed from the intestines by the enema during the first two or three days of the fast the enema should be discontinued and not used again unless seven or ten days pass by without any bowel movement, in which case it is wise to use an enema again. The Enema During The Fast: Of great importance to prevent possible entrance of bile into the stomach, resulting in nausea, is the use of the enema two or three times during the first three days of the fast. This will evacuate the contents of the lower part of the intestinal tract and leave there a vacuum into which food residue and waste matter in the upper part of the intestines will rush, thus preventing possible regurgitation of bile into the stomach, as well as re-absorption of gases and toxins. However, after the colon is emptied during the first three days, the enema should not be used again, since, as a rule, the extracts will make the bowels function.
- 2) Under the new method of fasting, instead of drinking plain distilled water during the fast one should drink, during the day, four to seven 8-ounce glasses of water extract of vegetables prepared as per

instructions in the chapter on the New and Easy Way to Fast. As you will see, these water extracts will make fasting comparatively easy and, according to my experience, much more beneficial and without certain inconveniences and even danger under certain conditions. During the first two days of fasting take the extracts plain without the addition of anything. After the first two days it is advisable to add to each glass of extract a little honey at the time of drinking it. The pre-digested sugar in honey will be used in the body to oxidize the acetone which is formed during fasting. Acetone is produced when the supply of sugar in the body is exhausted. For without sugar the body cannot oxidize the fats that are daily being disintegrated into fatty acids during the fast. *The greater discomfort felt during the water fast is due to lack of sugar to oxidize in the body the acetones and other acids.* These acids, if not oxidized or neutralized by means of sugar and alkaline mineral salts, irritate the nerves prevent sleep and make fasting most uncomfortable.

Hence the vegetable water extracts, being rich in alkaline mineral salts and sugar, supply the organism with the proper elements for the oxidation and neutralization of acids formed during the fast. It is for this reason that The New and Easy Way to Fast makes fasting much easier and beneficial.

3) As a rule, under the new method of fasting, one does not have that feeling of depression and tiredness which is usually present during the old method of water fasting. Hence, you will feel like to be up and around during the day and in many occasions you will feel like to do some work. As I write this I am on the fourteenth day of fasting and I have been writing pages for this book since 6 a.m. It is now 3 p.m. and I feel as strong and as well as when I began to write this morning. Being in a hurry to finish this book I shall continue writing until I go to bed at 8 p.m. I know I shall feel as well as now at that hour, since I have been doing this all along during this and other fasts. My wife, who had never been a vegetarian until she married me, is also fasting. She was not sick

at all but she says that she wants to fast to preserve her youthfulness and vigour. She is now on the 15th day of the fast. Under the New Method of Fasting she has found it easy, has felt well and strong and has attended to all her home duties just as well as when she was eating. If there is time before this book goes to press there will be another chapter with pictures of her and a report of her experiences.

However, although you may feel comparatively well and strong during this new method of fasting, it is advisable not to do any strenuous work. It is important during the fast to save all your energy to be used by nature to dislodge, disintegrate, dissolve and eliminate waste products from the organism. Hence, save as much energy as you can during the fast. You will have still better results.

4) During the fast it is well to bathe at least every other day with hot water, using soap to remove from the pores of the skin waste products which nature is forcing out through them.

5) Under the New Method of Fasting one usually sleeps very well, sometimes even better than when one was eating. This is especially true when the fasting patient was suffering with digestive or other troubles. Such patients feel better and happier during the fast than they have been for many years. Inclination to sleep, is a characteristic of the New Method of Fasting, while with the old method of water fasting one is irritated by the circulating acids and has difficulty to sleep, sometimes one passes the night without being able to sleep at all. This was the greatest horror of the water fast. I always dreaded nights. The new method has vanished this scarecrow of fasting. *But even if some time you cannot sleep all night long, do not worry but remain quite, knowing that you are accumulating vital energy during rest and elimination.*

6) If you have nothing to attend to during the fast you may read books on the philosophy and science of health and longevity but do not read

fiction books, nor detective stories, nor anything which will be unpleasant, irritate you and waste nervous energy. Instead, think that you are going thru an unusual experience of body purification which can prevent and relieve much suffering, prolong your period of youth and add much life to your years and years to your life.

When To Break The Fast

Whenever possible the fast should be continued at least until the 21st day. The complete fast is continued until hunger returns. However, few persons can fast until real hunger returns. In the majority of cases real hunger does not return until the major quantity of foreign matter that was causing obstruction to the circulation of the blood and to the flow of nerve energy has been eliminated. In the majority of cases, the encumbrance of morbid matter is so large and the cellular tissues of certain organs have deteriorated to such an extent that in order to undergo complete purification and repair during one fast it would be necessary to lose practically all muscular and adipose tissue.

This would leave the fasting patient practically in the skeleton condition. This is as unnecessary as it is dangerous to the patient. Such patients who fast until hunger returns lose so much muscular tissue that their digestive organs find it most difficult to resume their functional activity. Such patients, although they survive, take many months to regain their normal weight and strength. Hence, complete fasts until hunger returns should not be taken by those who are under normal weight, nor by those with low vitality.

Short fasts are safer and more beneficial in the long run. One can repeat the fast as often as necessary, keeping on increasing its length as one becomes stronger and much of the encumbrance has been removed by previous fasts. The only time when a fast longer than twenty one days is advisable is in diseases of the digestive organs, and genital-urinary tract, such as degeneration and timorous growths in the stomach, intestines, liver, kidneys and bladder. In such cases a long fast is indispensable to give the diseased organs a chance to heal.

Precautions To Be Taken With Breaking The Fast

In conclusion, the length of the short fast should be between 10 and 21 days duration. Less than 10 days will do little good, in as much as by the time Nature is beginning elimination in full force, feeding is resumed at a time when there are no digestive juices available and the stomach and intestinal tract are being used as a sewerage to cast away a large quantity of the morbid matter being dissolved and removed from the body. Real elimination does not really start until the sixth day of the fast. It subsides about the 10th day to increase again in the 13th day. After the sixth day, every seven days usually comes a crisis. The fast should not be broken during crisis days. The very short fast should be broken between the 7th and the eleventh day. If continued it should be broken between the fifteenth and the seventeenth day. If fasting still a longer time it should be continued until the 21st day at least. It will be better to continue it to the 24th day.

One should never break the fast on those days when one is feeling ill, especially if one is feeling nauseated or with disturbances of the digestive organs. One should wait for one of those days when one feels well.

And what is very important to keep in mind; should your mouth be dry, your tongue heavily coated, with bad taste in the mouth and absence of hunger at the time you had decided to break your fast, do not break it at all. Under those conditions it is necessary to wait one or more days until the crisis is over and you feel more like to take some juices.

But above all, should it happen that you feel ill during a fast, do not by any means call a medical doctor. He does not understand the philosophy of fasting. And seeing you emaciated and your stomach empty, he will proceed to feed you either via the mouth or hypodermically with serums, perhaps with the wrong kind of food, which in that occasion you are unable to digest. Such intervention might end in death, as it has happened in such cases.

Fasting patients are usually affected by dizziness when getting up suddenly from the lying position. Get to the standing position gradually. And should you get dizzy some time, close your eyes and sit down or lie down for a few moments. It will pass immediately. No danger in those dizzy spells, except you fall down and hurt yourself.

Five Important Rules To Break The Fast

The following rules should be followed for breaking the fast :

1) In as much as in the first part of the day the stomach of a fasting person is in the worst condition to take food, the fast should be broken in the afternoon instead of in the morning. If the fast has been of only seven or ten days duration, you do not have to be as careful as when

t_Liquid Mixture to Break the Fast

Half a glass of orange juice
One teaspoonful of lemon juice
One teaspoonful of honey and
Enough water to fill an 8-ounce glass.

Take a glassful of this mixture at intervals of two to four hours during the day. The amount taken should depend upon the desire and ability to tolerate the liquid without discomfort. If the weather is hot and you feel a desire to take the juice, you may take it every two hours during the day. If the weather is cold or if you feel bloated, decrease the amount and take it only every four hours, or none at all until bloating and discomfort disappears. Then resume the taking of the beverage. Break the fast with this beverage at noon, instead of in the morning. Continue with this diluted juice until there is a desire for other more substantial food, which will be one to several days according to the condition of the patient.

However, keeping in mind the importance of complying with the requirements of the Law of Alternation in Diet, as explained in Book Four on Psycho-Physiopathy, it will be of great benefit to alternate the acid fruit beverage with the following stimulating and invigorating alkaline vegetable hot broth.

Formula For Vitality Broth To Be Used While Breaking The Fast

Carrots	4 ounces
Beets	6 ounces
Parsley	2 ounces
Celery	4 ounces
Garlic	2 or 3 cloves
Tomatoes	8 ounces
Water	4 glasses

he fast has been extended to 17, 21 or more days. But when the fast has been long and the mouth is dry, the tongue heavily coated, with bad taste in the mouth and there is no desire for food, break the fast with the following mixture of juices and water:

Wash the vegetables thoroughly, but do not peel the beets and carrots, cutting off only bad parts. Cut in small pieces. Now, if you have an electric liquefier liquefy the above ingredients as follows; pour one glass of water in the liquefier cup, turn on the motor and gradually drop in the cup about one-fourth of the above ingredients. Let it run until they are well liquefied. Then pour the liquefied portion into a cooking vessel. Pour another glass of water in the liquefier cup, start the motor and add another fourth part of the vegetables as you did before.

Liquefy them the same way. Repeat the process until finished. When all the liquefied ingredients are in the cooking vessel, season it with celery salt to taste.

When all is ready, put the cooking vessel on the stove and let it stay there until it has boiled for about five minutes. Then strain out the liquid part thru a fine strainer and drink one or more glasses of this energizing broth. Drink it hot but not so hot that it will scald your mouth. Alternate this hot broth with the acid fruit juice whenever there is a desire for something hot and stimulating. You will find this broth of great value to stimulate the digestive function and bring about a sensation of wellbeing. It introduces into the body a rich supply of easily absorbed and utilized vitamins and organic mineral salts.

Note: Those who do not have an electric liquefier may grind the ingredients with a "Corona Corn Mill" or with a meat grinder or by grating the vegetables; which latter way is slower and does not extract from the vegetables as much juices as the liquefier.

3) As a rule, one to four days on this liquid regimen is sufficient to give the body the materials for the manufacture of digestive juices and one will begin to feel that one can take more substantial food. Hence you may now eat oranges or grapefruit for breakfast, grapes, pears, peaches, figs, at noon, melon in the middle of the afternoon (if more food is needed) and a salad of lettuce, grated carrot, beet and apple in the evening. This can be seasoned with lemon, olive oil and honey.

A cup of hot herb tea should be taken after the salad meal. Those who have the study course may make Carmino herb tea according to formula. Those who do not have those books may make a tea from the following herbs:

Carminative Herb Tea

Chamomile	Fennel Seed
Peppermint	Aniseed

Grind finely the aniseed and the fennel seeds and cut up in small pieces the peppermint and chamomile herbs and mix together. If there is an herb store in your city you may be able to buy the fennel seed and the aniseed ground. But if you have a grinder it is better to buy the whole seeds. The nutritive and medicinal value will be better preserved when you buy the whole seeds and herbs and grind them at home. Put one or more cups of cold water in a sauce pan and add just sufficient of this mixture of herbs and seeds to make a light tea of an amber colour. Let it come to a boil and take it from the stove and let it settle for a few minutes well covered. Then strain thru a fine wire strainer, sweeten with honey and drink hot after the salad meal, or after any other meal, afterward. This tea greatly aids digestion and supplies certain valuable medicinal substances. Take it after the meals instead of other beverages.

4) In a few days on fresh fruits and vegetables the digestive juices will be secreted in normal quantity and will be of the right quality and the peristaltic movements will be sufficiently strong to propel the food along the intestinal tract and produce normal evacuations of faecal matter. Should it happen that no bowel movement takes place within 3 days after you begin to eat fruit and salads you may help nature by an enema when necessary.

But if digestion is good you may now begin to add protein to your diet

in order to begin to rebuild your tissues on a firm foundation. To this end you may add to your fruits and salad meals liquefied oleaginous seeds. The most satisfactory ones are the following: Almonds, Brazil nuts, pine nuts, pecans, sesame seeds and sunflower seeds. At the beginning these oleaginous seeds should be finely liquefied in an electric mixer and added to the salads or to be drunk as a milk beverage after the meal.